AUGUST 2022

Palmer Senior Center dba Mat-Su Senior Services SENIOR MONTHLY CHATTER

CORE VALUES

RESPECT | TRUST | INDEPENDENCE | SECURITY COMPASSION | UNITY



A Message from Brandi...

Thank you to those who attended June's Coffee Chit-Chat and Movie Matinee events! It made my heart happy to spend quality time with "My Seniors". I look forward to seeing you all this month, during our many events! The August Membership meeting is on Wednesday, August 10th and our theme is "GREASE". Let's all dress up and have fun! We will keep the momentum going by showing the movie "GREASE" at our August matinee. Our August Coffee Chit-Chat will be moved this month to August 19th at 9am in the dining room.

We are in the midst of doing so many great things with, and in, the community. We are participating in the Friday Flings, holding amazing raffles, hosting our elected officials in our Center, and we are excited to announce our 1st Annual AGING HEALTHY Walk & Mini Vendor Fair, taking place on September 17th. You will see details about this exciting, new, annual event in this month's Chatter.

I have been asked why there is such an emphasis being placed on activities; it is because we care. We want our Seniors to be involved and active; this includes physical activities, artistic expressions, and social interactions. Our purpose is to be here for YOU.

On our 2nd floor, you will be able to see our Golden Heart Lounge. This space has been newly renovated, as an interactive lounge for our Seniors. Our Lounge will have computers, Wi-Fi access, and even a senior gaming station. Come back to the Center and stay for a social interaction.

Hent

September is Suicide Prevention Month. In the aftermath of COVID-19, our senior population experienced loneliness and isolation like never before; as a result, our vulnerable population is at an increased risk of suicide.

In response to this crisis, the Alaska Department of Health announced the soft launch of The 988 Suicide and Crisis Lifeline in Alaska. A larger media campaign and celebration is being planned and we will keep you in the loop.

Brandi Burchett CEO

WHAT'S INSIDE

- Page 2 MSSS Services & Staff
- Page 3 Note from Linda
- Page 4 Membership Mtg
- Page 5 Activities
- Page 6 Alzheimer's Activities
- Page 7 Lunch Menu
- Page 8 Coloring
- Page 9 Gift Shop
- Page 10 Birthdays
- Page 11 Senior Shout
- Page 12 Aging Healthy Registration/Sponsor Form
- Page 13 Vendor Application
- Page 14 Hiring/Board
- Page 15 Facility Rental

Palmer Senior Citizen's Center, INC. dba Mat-Su Senior Services

CORE PURPOSE

Seniors Quality of Life

CORE VALUES

Respect-Trust-Independence-Security
Compassion-Unity

Mission Statement

MAT-SU SENIOR SERVICES' primary mission is to promote honor, dignity, security, and independence for older Alaskans and to assist them in maintaining meaningful, quality lives. Our clients include older Alaskans, individuals with Alzheimer's Disease or related disorders, and anyone of any age on the Home and Community Based Medicaid Waiver Program.

Services available:

- CONGREGATE MEALS: Monday Friday, 11:30am 12:30pm at the center
- HOME DELIVERED MEALS: Call-in by 9am Monday-Friday to start or make changes
- ADULT DAY SERVICES: Monday Friday, 7:30am 4pm
- CHORE & RESPITE & SUPPLEMENTAL SERVICES: Call Monday Friday, 8am 4pm
- NOTARY SERVICE: Traveling notary available
- VOLUNTEER OPPORTUNITIES: Call Admin 745-5454
- SENIOR HOUSING CHUGACH & COLONY ESTATES: Call 761-5001
- FACILITY RENTAL & CATERING: Call 761-5006
- **TRANSPORTATION:** Medical rides in the Palmer or Wasilla area, call 761-5050 one week in advance

Voluntary donations accepted for all services.

Suggested donation amounts are:

- CONGREGATE MEALS: \$5
- HOME DELIVERED MEALS: \$6.50
- TRANSPORTATION: \$5 (Palmer, RT)
 \$8 (Wasilla, OW)





United Way of Mat-Su
Food Bank of Alaska
Coalition of Mat-Su Senior Centers
ACAO



DEPARTMENT MANAGERS

CEOBrandi Burchett
COO/HRBeth Westland
HR CONSULTANTKirk Henke
CFOKristine Inman
Transportation/FacilitiesTim Pettit
Adult Day ServicesChristopher Koops
Chore/Respite ServicesLisa Mecham
Kitchen/Food ServicesYossi Assis

Mat-Su Senior Services is an equal opportunity employer and provider.



Hello!

I will be back after moving. Remember to be kind!





Join us at our next

MEMBERSHIP MEETING

WEDNESDAY, AUGUST 10TH AT NOON



			7	1	9		
		7		4	1	5	
			1		2		
6	5						
	5 8			2	7	1	4
	4					2	
				6	8		
1		9	4			7	

		8		9				4
		1		4	3	6	5	7
			5			6	8	
	1			3	8			
7		3					1	
			9			8	4	
								6
				7				
		7	6			5		

AUGUST 2022

ACTIVITIES



_	MON	TUE	WED	THU	FRI
WFFK 1	STRENSTI	2 9:30AM TAI CHI (9 PERSON LIMIT) 10AM BOOK CLUB 10:30AM CONVERSATIONAL SPANISH FOR BEGINNERS 12PM ZUMBA (439 W ELMWOOD)	3 9:30AM ESTATE PLANNING 10AM A NEW YOU M POSITIVITY CARDS 1PM PINOCHLE 3PM YOGA (439 W ELMWOOD)	4 10AM BIBLE STUDY 1PM RANK CHOICE VOTING; TRUTH OR MYTH	5 10AM SENIOR STRENGTH 1PM DIABETES PREVENTION
WFFK 2		9 9:30AM TAI CHI (9 PERSON LIMIT) 10:30AM CONVERSATIONAL SPANISH FOR BEGINNER 12PM ZUMBA (439 W ELMWOOD)	10 10AM A NEW YOU 1PM POSITIVITY CARDS 1PM PINOCHLE S 3PM YOGA (439 W ELMWOOD) **MEMBERSHIP MEETING AT NOON	11 10AM BIBLE STUDY 1PM NEED HELP THROUGH THE MEDICARE MAZE	12 10AM SENIOR STRENGTH 1PM DIABETES PREVENTION
WFFK 3	JINLINGIII	9:30AM TAI CHI (9 PERSON LIMIT) 9:30AM ESTATE PLANNING 10:30AM CONVERSATIONAL SPANISH FOR BEGINNERS 12PM ZUMBA (439 W ELMWOOD) 1PM YOUNG AT HEART PAINTING	17 10AM A NEW YOU 1PM PINOCHLE 3PM YOGA (439 W ELMWOOD) *MEMBERSHIP MEETING	18 10AM BIBLE STUDY 1PM WHEN DOES FORGETTING BECOME A WORRY 1PM VISION LOSS	19 9AM COFFEE CHITCHAT 10AM SENIOR STRENGTH 1PM LEARNING ABOUT ARTHRITIS
WEEK A	22 10AM SENIOR STRENGTH 1PM BEGINNING DRAWING/PAINTING	23 9:30AM TAI CHI (9 PERSON LIMIT) 9:30AM ESTATE PLANNING 10AM HOPE STUDIOS WALL MURAL 10:30AM CONVERSATIONA SPANISH FOR BEGINNERS 12P ZUMBA (439 W ELMWOOD)	3PM YOGA (439 W ELMWOOD)	25 10AM BIBLE STUDY	26 10AM SENIOR STRENGTH 1PM DIABETES PREVENTION
ų	29 10AM SENIOR STRENGTH	30 10:30AM CONVERSATIONAL SPANISH FOR BEGGINERS	31 10AM A NEW YOU 1PM PINOCHLE	BE LISTED IN	OCATIONS WILL N THE LOBBY RWISE NOTED

3PM MOVIE MATINEE

"GREASE"

3PM YOGA (439 W

ELMWOOD)

FOR QUESTIONS

CONTACT ADMIN AT

907.745.5454

12P ZUMBA (439 W

ELMWOOD)

1PM YOUNG AT HEART

PAINTING

AUGUST 2022 ALZHEIMER'S CLASS SCHEDULE



MORE INFORMATION

	MON	TUE	WED	THU	FRI	SAT
WEEK 1	1 10AM MAT-SU VALLEY SUPPORT GROUP	2 1PM STATEWIDE SUPPORT GROUP	3 1PM MIND WORKS (12 WEEK COURSE)	4 1PM ART LINKS	5 10AM UPPER SUSITNA SUPPORT GROUP 1PM BEING THE DECISION MAKER	6 10AM UPPER SUSITNA SUPPORT GROUP
WEEK 2	8 10AM UPPER SUSITNA SUPPOR' GROUP	9	10 11AM FAMILY MEETING 1PM MIND WORKS (12 WEEK COURSE)	11	12 1PM IN-PERSON ART LINKS 1PM MAKING VISITS POSITIVE	13 1:30PM SAVVY CAREGIVER (6 WEEK COURSE)
WEEK 3	15	16 10AM MIND SHARPENER (12 WEEK COURSE) 1:30PM MAT-SU VALLEY SUPPORT GROUP	17 1PM MIND WORKS (12 WEEK COURSE)	18 1PM ART LINKS	19 5 1PM DOWNSIZING & DECLUTTERING	20 5 1:30PM SAVVY CAREGIVER (6 WEEK COURSE)
WEEK 4	22 1PM COMMON HALLENGES FACED BY DEMENTIA CARE PARTNERS	23 10AM MIND SHARPENER (12 WEEK COURSE) 12PM MUSIC IN DEMENTIA CARE 1PM COMMON CHALLENGES FACED BY DEMENTIA CARE PARTNERS	24 1PM STATEWIDE SUPPORT GROUP 1PM MIND WORKS (12 WEEK COURSE)	25 1PM VIRTUAL ART LINKS	26 1PM IN-PERSON ART LINKS	27 N 1:30PM SAVVY CAREGIVER (6 WEEK COURSE)
WEEK 5	29	30 10AM MIND SHARPENER (12 WEEK COURSE) 1PM FRONTOTEMPORAL DEMENTIA	31	YO	CLASSES TAKE PLUS OPEN TO ANY U MUST REGISTER ALZALASKA.C	ONE ONLINE AT PRG/ 745-5454 FOR

AUGUST 2022

LUNCH MENU



	MON	TUE	WED	THU	FRI
WEEK 1	1 CHICKEN FRIED STEAK MASHED POTATOES GRAVY CARROTS BREAD DESSERT	2 CHICKEN A LA KING RICE PEAS & CARROTS BREAD DESSERT MENU IS SUBJEC	3 SPAGHETTI W/MEAT SAUCE CORN GARLIC BREAD DESSERT CT TO CHANGE	4 PORK ROAST MASHED POTATOES GRAVY BROCCOLI & CAULIFLOWER BREAD DESSERT	5 FISH FRENCH FRIES PEAS GARLIC BREAD DESSERT
WEEK 2	8 CHILI W/BEANS BROCCOLI BREAD DESSERT	9 BBQ PORK RICE MIXED VEGGIES BREAD DESSERT	10 BAKED CHICKEN COUSCOUS GREEN BEANS BREAD DESSERT *MEMBERSHIP MEETING	11 N BEEF ROAST MASHED POTATOES GRAVY PEAS & CARROTS BREAD DESSERT	12 FISH FRENCH FRIES CARROTS GARLIC BREAD DESSERT
WEEK 3	15 PORK CUTLET GRAVY BATTER BITES CORN BREAD DESSERT	16 BAKED TURKEY MASHED POTATOES GRAVY STUFFING GREEN BEANS DESSERT	17 HAM & YAMS CARROTS BREAD DESSERT	18 MEATLOAF MASHED POTATOES GRAVY CALIFORNIA VEGGIES BREAD DESSERT	19 FISH FRENCH FRIES BRUSSEL SPROUTS GARLIC BREAD DESSERT
WEEK 4	22 MEATBALL MARINARA PASTA PEAS BREAD DESSERT	23 SHEPHERD'S PIE PEAS & CARROTS BREAD DESSERT	24 HAM & BEANS RICE BROCCOLI BREAD DESSERT	25 BAKED CHICKEN MASHED POTATOES GRAVY CAPRI VEGGIES BREAD DESSERT	26 FISH RICE W/GRAVY BROCCOLI & CAULIFLOWER GARLIC BREAD DESSERT

/EEK 5

29
SWEET & SOUR
CHICKEN
RICE
GREEN BEANS
BREAD
DESSERT

30 HOT DOGS POTATO CHIPS CORN BAKED BEANS DESSERT 31
PORK LOIN
MASHED POTATOES
GRAVY
SAN FRAN VEGGIES
BREAD
DESSERT

MEAL COST FOR NON-ELIGIBLE INDIVIDUAL

\$14 - FULL MEAL UNDER 60 \$6.00 - KIDS 8-12 YEARS \$5.00 - KIDS 0-7 YEARS





SUMMER'S BOUNTY AT THE GIFT SHOP!

It's that time of the year again, summer is ending, and fall is just around the corner. Where does the time go? The state fair is about to begin, school will be starting soon, and it's time for harvesting summer's bounty. If berry picking is in your future, extra bug protection might be a good idea. The gift shop carries Denali Dreams Borealis Buzz Off. Unlike most bug sprays which are loaded with questionable chemicals, Buzz Off is made of only essential oils containing cedarwood, rosemary, and citronella. Its fragrance is an anathema to bugs while pleasant to humans. Bugs hate it and stay away, keeping you bug and chemical free.

Berry picking means jams and jellies. Making such summer delights includes a need for aprons, washcloths, towels, and something to mop up messes (yes, we all make them when producing great kitchen creations). The gift shop is ready to make kitchen time extra enjoyable with an outstanding collection of aprons; some are created just for canning and jelly making. We have also added a great grouping of handmade cotton washcloths. In addition, Dee Gratrix (who learned to crochet at the age of 23 with the help of her sister-in-law) has added unique shapes, such as U.S. flags and hearts, to our collection. Be sure to pick up some oven mitts and bowl cozies while you're at the gift shop as well. We have a wide variety of colors and styles of each. Remember, a bowl cozy is not only for hot foods, but can also be used for cold foods, like ice cream.

The gift shop team is very excited about the great collection of sea glass jewelry that we have just added to our shelves! Crafted by the artists of Alaskan Reflections, these pieces include necklaces, earrings, and bracelets. They feature beautiful, weathered pieces of glass in a variety of colors; paired with cut copper or fanciful wire wraps. Each piece of glass has been collected from ocean beaches and tumbled in salt water, creating a frosted, unusual color, and texture. Each piece is unique and must be seen to be appreciated. Stop by the gift shop soon as these stunning pieces will not last long.

There's still time to plant wildflowers or send a packet of Alaska's best to a friend outside the state. The gift shop is once again featuring packets of fireweed, shooting star, lupine, forget-me-not and other Alaskan wildflower seeds in attractive packets. They are a wonderful item to slip in a card or letter and their hanger packet style makes them a great addition to a bottle of wine.

Our blank card collection has just been greatly enhanced with a grouping of Karen Whitworth Gallery cards. Whitworth's art reflects her Alaskan heritage featuring puffins, whales, fireweed, and glimpses of Mt. McKinley. Her art is stunning and as a special bonus, she adds a postcard suitable for framing to each card package.

Please drop by the gift shop. We promise that you will find something to delight both your eyes and your pocketbook!

Hours: Tuesday through Friday, 10am - 2pm Questions? Call 907-761-5043

AUGUST BIRTHDAYS!

Sheila Aay Michelle Akerman Alicia Allen Debra Anderson Kenneth Anderson **Eleanor Anderson** Genevieve Armstrong Aedene Arthur Suzann Baker Barbara Banta **Bonnie Bauer Daisy Baxter** Dennis Beam William Beebe Luann Bergeron Mary Bixby Gwendolyn Black Victoria Black Elaine Bratten **James Brown** Helen Brownson Richard Buzby James Call Margaret Carloni Jean Chapman **Betty Cheney** Geraldine Chisum Robert Chopp Cheryl Clyde Krystina Collins Linda Criswell Linda Darrow Yolanda Derry Judy Divinyi Sally Donaldson

Ila Dykstra Pamela Ennest Janice Fitzpatrick James Foster **Barton French** Roberta Fuller Deborah Giedosh Barbara Gill **Beverly Grafel** Jeanie Grass **Enoch Grass** Laurie Green Robert Greer Patricia Hastings **Gary Hayes** August Heitman Nancy Hendricks Eva Herner Leslie Hinton Robert Hole **lovce Hubbard** Ken Hubbard Carolyn Hubbard **Conrad Huckins** Loretta Huska Kenneth Hutchings Lisa Isgrigg Anthony Jensen Dennis Johnson Eddie Johnson Delano Julin Yolanda Julin **Bobby King** Helen Kurtz Sigurd Langues Verda Lewis John Litter

Lucy Martinez

Ruth Massey Quentin McCubrey Jay McDaniel Lawrence McGee Steve McGinnis Iulie McLain Elizabeth Mendes **Timothy Middleton** Marilyn Montgomery Helen Munoz Lena Nalor John Neal **Douglas Olson** Barbara Olson **Ronald Orbeck Sharron Orloff** Hudspeth Nicole Pease Clyde Peterson Timothy Pettit Madelaine Phillips David Pipkin Leighann Pope Michael Post **Arthur Quaas Aryne Randall** Vicki Randolph Jean Riddick Shirley Roth Barbara Russell Linda Rutherford Ruth Shaeffer Lila Schuetter Harry Searles

Robert Shaw

Betty Sloan John Smith Robert Sollee **Shirley Spooner** Shelby Steele **Dave Stephens** Virginia Sweeney Catherine Sweeney George Taliaferro Diane Tazelaar Joan Tower Robert Traut David Tribble Laura Van Diest **Charles Watkins** Ben Wattum Lois Weed Glenn Whestphale Dora Wheeler Mary Wilson Virginia Woodmancy **Lorraine Woolsey Robert Woolsey** Fay Wyckoff Allen Zirkle



SAUGUST Senior Shout!

Our seniors are amazing and we want to let everyone know how grateful we are for them.

This months Senior Shout features Phyllis Moore, Ginger Sweeney and



THANK YOU to Senior
Members, Phyllis Moore,
Ginger Sweeney, Dora
Wheeler and Staff Member,
Jacqueline Brown for
volunteering to staff our
booth at The Palmer
Museum Garden and Art
Faire!

Solution 1

Solution 2

2	1	5	6	9	3	4	8	7
4	6	8	7		1	9	3	2
3	9	7	8	2	4	1	5	6
7	3	4	1	6 4 3	8	2	9	5
6	5	2	9	4	7	3	1	8
9	8	1	5	3	2	7	6	4
8	4	6	3	7	9	5	2	1
5	7	3	2	1	6	8	4	9
1	2	9	4	8	5	6	7	3

3	5	8	7	9	6	1	2	4
2	9	1	8	4	3	6	5	7
6	7	4	5	2	1	3	8	9
4	1	9	2	3	8	7	6	5
7	8	3	4	6	5	9	1	2
5	2	6	9	1	7	8	4	3
8	3	2	1	5	9	4	7	6
1	6	5	3	7	4	2	9	8
9	4	7	6	8	2	5	3	1



Doors open at the Palmer Senior Citizen Center dba Mat-Su Senior Services at 9am.

Walk 10am - 12noon Mini Vendor Fair 12noon - 4:30pm



vendors | chalk art contest | food trucks | obstacle course

REGISTRATION/SPONSORSHIP FORM								
Registration Typ	e: Individual	Sponsor	a Senior In Memory					
Name of Senior sponsored or in memory of:								
PERSONAL INFORMATION								
Full Name :								
Full Address :								
Phone # :		email :						
Select Ticket :	\$20 Individual - walk o	only	\$25 In Memory of					
	\$30 Individual - w/tshi	rt	FREE - Youth 0-17 years or Senior 50+					
\$30 or \$ Sponsor a Senior tshirt size for \$30+ registration								
	(comes w/tshirt)		nly (adult sizes)					
RACE WAIV	-	on						
I, individually, (and/o this entry in the afor Citizens Center dba N with all the offices, ag	(comes w/tshirt) YER AND MEDIA The as parent, and/or guardiant rementioned event, do here Wat-Su Senior Services and a gents, officials and employed arising out of, or relating to	RELEASE of the named min by release, remise, any and all other si es, from any and al						
I, individually, (and/o this entry in the afor Citizens Center dba M with all the offices, ag of action whatsoever participation in the arm participation in this entry the organizer deems walk and/or agents a	(comes w/tshirt) YER AND MEDIA The ras parent, and/or guardiant rementioned event, do here wat-Su Senior Services and a gents, officials and employed arising out of, or relating to foresaid event. The proper physical conditions to the proper physical conditions and angerous to myself or other conditions.	n of the named min by release, remise, any and all other sies, from any and all o any injury, illness, ion to participate t participate with rether participants and all other participants and the pa	nly (adult sizes) nor) for and in consideration of acceptance of a waive, and forever discharge Palmer Senior proporting groups of this said event, together liability, claims, demands, actions, or cause					
I, individually, (and/o this entry in the afor Citizens Center dba M with all the offices, ag of action whatsoever participation in the arm participation in this entry the organizer deems walk and/or agents a	r as parent, and/or guardian rementioned event, do here Mat-Su Senior Services and a gents, officials and employed arising out of, or relating to foresaid event. in proper physical conditions to the event requires that I will not a dangerous to myself or of authorized by them to use his event for any purpose.	n of the named min by release, remise, any and all other sies, from any and all o any injury, illness, ion to participate t participate with rether participants and all other participants and the pa	nor) for and in consideration of acceptance of waive, and forever discharge Palmer Senioupporting groups of this said event, together liability, claims, demands, actions, or cause, loss, or damage, including death, relating to the event. In addition, I agree that many coller blades, skateboards, or anything which and that the organizer conducting the senion					





Doors open at the Palmer Senior Citizen Center dba Mat-Su Senior Services at 9am.

Walk 10am - 12noon Mini Vendor Fair 12noon - 4:30pm

vendors | chalk art contest | food trucks | obstacle course



Vendor and Food Truck Application September 17, 2022

Application deadline is Monday, August 8, 2022

email completed applications to skyhighevents907@gmail.com

Thank you for your interest in the first annual Aging Healthy Walk & Mini Vendor Fair. Our event is brand new this year. We are looking for up to 50 vendors and no more than 5 food trucks. The event will take place in the parking lot in the Palmer Senior Citizens Center, located at 1132 S. Chugach Street in Palmer.

Vendor spaces are 10x10 for \$25 and 10x20 for \$50. You are required to bring your own tables, chairs, tents and displays. Food Trucks may participate at no charge. Power is not available. If approved, you will receive a contract with load in/out details. For questions, contact Jackie at skyhighevents907@gmail.com

i am applying as a vendor food truck						
Company Name:	Business Ow	/ner:				
email:	Phone:	Alt #:				
Website or social media:						
List the products you intend to sell:						
Preferred booth size: 10x10 _	10x20	Food Truck				
I understand that if my application is approved, I will need to return the signed contract with payment by August 29, 2022 to ensure my space.						
Name of business owner/representativ	 e	 Date				

Join our team Activities Coordinator/Relief Aide for ADS • Development & Communications Coordinator • Maintenance Technician **Paratransit Driver**





MAT-SU SENIOR

COME BE PART OF SOMETHING GREAT!

Palmer Senior Citizens Center, Inc. dba Mat-Su Senior Services is a 501(c)3 nonprofit organization that was formed in 1980. Our primary mission is to promote honor, dignity, security, and independence for older Alaskans, and to assist them in maintaining healthy, meaningful, quality lives.

ALL positions require a fingerprint background check, must be 18+ years of age and have a valid ADL.

Please email resume to Beth at <u>bethw@matsuseniors.com</u>, apply on Indeed, or come fill out an application in person at 1132 S. Chugach Street, Palmer, AK 99645 today! For more information please call 907-745-5454.

Nolunteers reofens

Board Members!

WELCOME TO OUR NEW

Virginia 'Ginger' Sweeney, Merle Beeter, and Sue Welton are joining our current Board Members, Linda Combs, Elda McCraw, Catherine 'Kate' Hall, Dora Wheeler, and William 'Russ' Ingram!



Looking for an event space?

Have you seen our beautiful building? Did you know we rent it out?

Weddings | Receptions | Anniversaries | Reunions | Business





1132 S. Chugach Street Palmer, AK 99645

RETURN SERVICE REQUESTED

NON-PROFIT ORG U.S. POSTAGE PAID PALMER, ALASKA 99645 PERMIT #99



Are you over 50? If so, YOU can be a member!

Our next Membership Meeting is Wednesday, August 10th at noon.